

| Trainingschema<br>(2023-2024) |                                  |       |                     |  |                  |   |
|-------------------------------|----------------------------------|-------|---------------------|--|------------------|---|
| Dag                           | Zaal                             | Veld  | Tijd                |  | Team1            | Trainer?                                    |
| Maandag                       | Harenkarspelhal                  | 3     | 18:15-<br>19:45uur  |  | MB1              | Wouter/<br>Backup: Nico?!                   |
|                               | Harenkarspelhal                  | 2     | 18:15-<br>19:45uur  |  | JB1              | Rick/ Richard/<br>Nico/Zoe                  |
|                               | <b>Optie:</b><br>Harenkarspelhal | 1     | 18:15-<br>19:45uur  |  | MC1              | <b>Optie:</b> Remco?                        |
|                               | Harenkarspelhal                  | 1     | 20:00-<br>21:45 uur |  | D1               | Erik Mulder<br>(nieuwe trainer)             |
|                               | Harenkarspelhal                  | 2     | 20:00-<br>21:45 uur |  | D2               | <b>Ruben</b>                                |
| Dinsdag                       | Harenkarspelhal                  | 1 + 2 | 17:15-<br>18:30uur  |  | CMV<br>(1/2/3/+) | Roland/ Evi/<br>Senne/ Kjore                |
|                               | Harenkarspelhal                  | 1     | 18:30-<br>20:00uur  |  | JB1              | Rick/ Richard/<br>Nico/Zoe                  |
|                               | Harenkarspelhal                  | 2     | 18:30-<br>20:00uur  |  | MC1              | Remco (eerste<br>week van de<br>maand Nico) |
|                               | Harenkarspelhal                  | 3     | 18:30-<br>20:00uur  |  | D2               | <b>Ruben</b>                                |
|                               | De Groet                         | 1     | 19:00-<br>20.30uur  |  | MB1              | Wouter/<br>Backup: Nico                     |
|                               | De Groet                         | 1     | 20:30-<br>22.00uur  |  | H1/H2            | Eric den Boef?                              |
| Woensdag                      | De Groet                         | 1     | 18:00-<br>20:00uur  |  | D1               | Erik Mulder<br>(nieuwe trainer)             |
|                               |                                  |       |                     |  |                  |   |
|                               |                                  |       |                     |  |                  |   |
| Donderdag                     | Harenkarspelhal                  | 1     | 20.30-<br>22.30uur  |  | H1               | Eric den Boef                               |
| Vrijdag                       | Harenkarspelhal                  | 1 + 2 | 15:30 -<br>16:45uur |  | CMV (1<br>en 2)  | Margreet<br>Jaarsma/ Gosia                  |
|                               |                                  |       |                     |  |                  |   |
|                               |                                  |       |                     |  |                  |   |
|                               |                                  |       |                     |  |                  |   |